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principles to applying the equations to
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easy-to-follow process of solving, and
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ACSM's Metabolic Calculations Handbook. Pages 39-40, Example 4, Steps 3 and 4 should be adjusted as follows: $35.57 - 3.5 = 32.07$ so that the answer in the final step is 5.98 miles/hr. Page 81, Detailed Solutions 1 initial equation is missing one number. The equation should be $120 \cdot 6.12 = 734.4$.

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